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ABSTRACT

The Guilford-Zimmerman Temperament Survey (GZTS) has been described as one of the most widely used tests in marriage counseling. The GZTS was administered to 61 couples when they entered marriage counseling between 1980 and 1985. When counseling ended, couples were divided into three groups--married and together after counseling (MT); married but divorced after counseling (MD); and married but separated after counseling (MS). Husbands and wives were compared within groups. The pattern that emerged for the MT group was a wife who was more serious-minded, less impulsive, and more persistent than her husband. The MD pattern revealed a submissive wife who was friendlier than her husband. Husbands in the MS group scored significantly higher on the impulsive end of the Restraint scale and wives scored higher on the serious-minded side of the scale. Wives were then compared to wives in the three groups, and mean responses by male and female marital groups were compared to GZTS means. The wives in the three groups were found to differ significantly from the norms, while only the husbands in the MT group differed significantly from norms. The three groups differed significantly from one another in several personality traits. These findings could be useful for marriage counselors working with couples having marital problems and for predicting which couples have the best chance for successful marriage counseling. (NB)

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THE GUILFORD-ZIMMERMAN TEMPERAMENT SURVEY AS A PREDICTOR IN MARRIAGE COUNSELING

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The Guilford-Zimmerman Temperament Survey as a Predictor in Marriage Counseling.

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Introduction:

Peterson (1956, p. 215-218) described the Guilford-Zimmerman Temperament Survey as one of the two most widely used tests in marriage counseling. He feels that it reveals the basic temperament trends that couples should be aware of in understanding each other. He states that the use of the GZTS often helps couples to face problems they were aware of emotionally, but were unable to define intellectually. In his study he had both partners take the GZTS and their profiles were superimposed to reveal the areas and degrees of divergency that might make for trouble in their marital relationship.

Signori, Rempel, and Pickford (1968) found that scores of happily married spouses correlated significantly and positively in the cases of friendliness, general activity, restraint, and personal relations. Unhappily married couples scored significantly and negatively on emotional stability, thoughtfulness, personal relations, and sociability.

Pickford, Signori, and Rempel (1966) found that for males, high amounts of energy, dominance, and masculinity are associated with marital unhappiness, while higher restraint, friendliness and cooperativeness are associated with marital happiness.

Pickford, Signora, and Rempel (1967) concluded that unhappiness in marriage is coincidental with extreme husband wife differences in scores on any trait. They say it would appear that the greater the differences between spouses with husbands scoring higher on general activity, ascendence, emotional stability, and objectivity; and the greater the differences with women scoring higher

on restraint, friendliness, and personal relations, the greater the chance for unhappiness.

Method

Sample

The sample for the present study consisted of 61 couples divided into three groups - married and together after marriage counseling (MT); married but divorced after marriage counseling (MD); and married but separated after marriage counseling (MS). The couples in this study were given the Guilford-Zimmerman Temperament Survey when they entered marriage counseling. The counseling took place from 1980 to 1985 and at the end of this period could be divided into the three groups mentioned. One interesting note is that taking the GZTS brought the husband in for interpretation of his test results, and then he stayed for counseling.

Test Material

The Guilford-Zimmerman Temperament Survey is a personality inventory designed to measure normal personality traits identified by factor analysis. The traits are given letter symbols: G - general activity, R - restraint, A - ascendance, S - sociability, E - emotional stability, O - objectivity, F - friendliness, T - thoughtfulness, P - personal relations, and M - masculinity/femininity.

Results: Together Group

Table I

Trait	Wife	Husband
R =	H	L
A =	L	H
E =	L	H
F =	H	L

H = Higher
L = Lower

Comparing husbands and wives that stayed together (T) after marriage counseling the wives score significantly higher (.05 level) on the R scale. Wives are lower on the A scale at the .01 level of significance. Wives are lower at .01 level of significance on the E scale, but are higher on the F

scale at the .01 level.

The pattern that emerges from this is a wife that is more serious-minded, less impulsive, and who is more persistent than her husband is. She is more submissive and has habits of following more than her husband. She is not as emotionally stable as her husband, and is more tolerant of hostile action and accepts domination from others.

Results: Divorced Group

	W	H
A	L	H
F	H	L

The wife is more submissive (A) than the husband at the .05 level. Also the wife is higher on the F scale at the .01 level than her husband. This pattern indicates a submissive wife who is a more friendly person than her husband.

Results: Separated Group

	W	H
R	L	H

The separated husbands scored significantly higher (.05 level) on the happy-go-lucky, impulsive end of the R scale and wives scored on the high end of this scale toward the restraint and serious-minded side.

Wives Compared to Wives in the Three Groups

Trait	Together	Separated	Divorced
A	L	H	
E	L	H	None
O	L	H	

The T wives show no significant differences with the D wives. However, compared with the S wives, the T's score lower on the A scale at the .05 level. and on the E scale at the .01 level. Also, the T wives score lower on the O scale. This indicates the T wives are less socially bold, more emotionally unstable, less thick skinned than the S wives.

Wives

	D	S
E	L	H
O	L	H

The D wives score lower on the E and O scales than the S wives at the .05 level. This indicates the D wives are prone to be less emotionally stable and more hypersensitive than the S wives.

Table II

Comparing mean responses by M & F marital groups to GZTS means shows only one significant difference for the males. The "together" males means are more hypersensitive or "thin-skinned" at the .05 level of significance than the norms.

The together females are much more restrained, serious-minded, and persistent than the average at the .01 level. At the .05 level these wives are less socially bold, less sociable, more emotionally unstable, and are more sensitive to real or imagined slights.

The divorced females at the .05 level are more restrained, emotionally unstable and hypersensitive than the norms.

The separated wives are at the .05 level more energetic and active than the norms. At the .01 level of significance these wives are more socially bold and outgoing than the norm.

In several personality traits the three groups do differ significantly from each other. Marriage counselors might be able to use these findings in working with couples with marital problems. These results could be useful in predicting which couples have the best chance for successful marriage counseling.

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TABLE I COMPARISON OF MEAN RESPONSES BY MALES AND FEMALES AND MARITAL GROUPS TO THE GUILFORD-ZIMMERMAN TEMPERAMENT SURVEY

	Differences between Marital Groups MT (N=35), MD (N=22), MS (N=4) FT (N=35), FD (n=22), FS (N=4)						Sex Differences Within Marital Groups		
	Males			Female					
	MT vs MD	MT vs MS	MD vs MS	FT vs FD	FT vs FS	FD vs FS	T (MvsF)	D (MvsF)	S (MvsF)
	t	t	t	t	t	t	t	t	t
G	.82	.78	.36	-.84	.51	-1.00	.63	-1.02	.07
R	.07	-1.44	-1.26	- .82	.22	-.61	2.01*	.73	2.17*
A	1.07	.39	0.13	1.24	2.29*	-1.20	-2.48**	-2.08*	.12
S	.48	.06	1.85	.58	.16	.14	.14	1.16	-1.17
E	.30	1.19	1.40	.76	2.85**	-2.45*	-2.85**	-1.40	.27
O	.49	-.81	-1.10	.82	2.36*	-2.40*	-1.54	-1.19	1.57
F	.02	.30	.32	.89	-.93	1.33	2.49**	2.72**	.00
T	.24	.32	.29	.19	-.60	.67	.78	.68	-.39
P	.06	-.17	-.12	.48	.49	-.35	-.12	.43	.41
M	.98	-.29	-.87	-1.35	.55	-1.26	-10.6	-12.00	-.27

TABLE II COMPARISON OF MEAN RESPONSES BY M & F MARITAL GROUPS TO GZTS MEANS

	Male			Female		
Trait	T	D	S	T	D	S
G	.61	1.56	1.01	1.38	.06	2.42*
R	.036	.19	-1.59	6.68**	2.55*	2.05
A	-.95	.66	.09	-3.09*	-.53	5.17**
S	-1.50	-1.94	1.49	-2.29*	1.26	-.75
E	-.91	-1.18	1.10	-3.36*	-2.07*	1.66
O	2.18*	-1.26	1.23	-3.25*	-2.09*	1.41
F	-.73	-.63	.09	.73	1.68	-.71
T	-.21	.16	.38	1.49	1.42	-.11
P	-1.06	-.83	-.33	-1.82	1.24	.16
M	.32	1.89	-.15	.58	2.22*	.56

* .05

** .01

TABLE III COMPARISON OF MARITAL GROUP MEANS ON GZTS

	MALE				FEMALE			
TR	NORM	T	D	S	NORM	T	D	S
G	17	17.69	19.18	20.50	17.0	18.77	17.09	20.75
R	16.9	17.03	17.14	13.25	15.8	19.29	18.27	19.75
A	15.9	14.77	16.68	16.25	13.7	11.20	13.00	16.75
S	18.2	16.34	15.41	22.00	19.6	16.60	17.77	17.25
E	16.9	15.89	15.36	20.00	15.5	11.43	12.77	21.25
O	17.9	15.89	16.59	13.50	16.8	13.91	15.00	20.50
F	13.8	13.03	13.00	14.00	15.7	16.26	17.36	14.00
T	18.4	18.17	18.55	19.25	18.1	19.23	19.45	17.75
P	16.7	15.77	15.68	15.25	17.6	15.60	16.36	17.25
M	19.9	20.11	21.05	19.50	10.8	10.43	9.05	11.50